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Salute and welcome

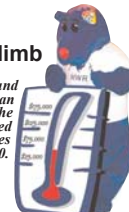
City salutes veterans, welcomes 'Big Red One' Home

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Fort Riley Post

Contributions climb

Combined Federal Fund donations reached more than \$69,250 as of Nov. 6. The campaign has been extended until Nov. 17 as the post tries to reach its goal of \$175,000.



Thursday, November 9, 2006

America's Warfighting Center

Vol. 49, No. 45

Post, Army news briefly

Post gate hours change

Fort Riley's Grant Avenue access point will not be closed on Saturday's, as was previously announce.

The gate will be open Saturdays from 8 a.m. to 5 p.m. It will still close at 9 p.m. on week nights and be closed all day Sunday.

The Ogden, Henry and Trooper gates will be manned 24 hours a day, seven days a week, and visitors can be logged in at all three gates.

The 12th Street gate will be closed on weekends and at 2 p.m. during the week.

Red Cross to draw blood

The next Fort Riley blood drive is scheduled from 11 a.m. to 5 p.m. Nov. 14 and from 9 a.m. to 3 p.m. Nov. 15 at Riley's Conference Center.

Everyone who donates will receive a free T-shirt. To make an appointment, call (800) GIVE LIFE.

Walk-ins are welcome.

Division band slates concert

The 1st Infantry Division Band will perform a free holiday concert Dec. 15. The concert begins at 7 p.m. in McCain Auditorium at Kansas State University. The public is invited to attend.

Free tickets must be obtained to be admitted to the concert. Tickets are available at Fort Riley's ITR Office, 239-5614; the McCain Auditorium Box Office, (785) 532-6428; or by sending a SASE to McCain Auditorium, Kansas State University, 207 McCain Auditorium, Manhattan, KS 66506-4711.

Engineers plan toy march

Members of the 70th Engineer Battalion will make their annual toy march Nov. 18 from the Morris Hill Chapel to Fort Riley Middle School this year. The engineers will be toting donated toys in their truck sacks during the brief morning march.

Stay in Step with Fort Riley

See what's happening on Fort Riley.

Tune in to Fort Riley cable channel 2 every day at 6:30 a.m., 8 a.m., noon, 6 p.m. and 10 p.m. or watch "In Step with Fort Riley" at 5 a.m. every Saturday and at 11 a.m. most Saturdays on WIBW TV, Channel 13.

This week's show, which runs on WIBW TV Nov. 11 and on the post's cable channel 2 Nov. 13-19, includes:

- A story about the filming of the Army's new ad campaign at Fort Riley
- Return of the 82nd Medical Company (Air Ambulance) from Iraq
- Army Secretary Harvey visiting Fort Riley
- The new "Army Strong" video

Army hikes female weight limit

By Michelle L. Gordon
Army News Service

WASHINGTON — Weight limits for female Soldiers have changed to incorporate current research regarding differences between male and female body types.

The change allows most females to weigh 5 to 19 pounds more under Army Regulation 600-9, "The Army Weight Control Program," which establishes guidance for body-fat standards within the Army.

The previous version of the regulation was last updated 17 years ago.

"Training NCOs were telling us they had been needlessly taping female Soldiers," said Hank Minitre, public affairs officer for the Army G1 Human Resources Policy Directorate. "It seems women were failing the weight portion of the test, but they were well under the maximum body-fat percentage allowed for their age

group. In fact, we found that more than half of all female Soldiers who were taped did not need to be."

A team of Army and civilian physicians and scientists was appointed to find a better way to measure body fat in women, who carry weight differently than males, Minitre said.

"We took their findings and changed the screening weight table for female Soldiers. The screening table weight is the maximum you can weigh before you have to be taped or tested for body-fat percentage," he said.

Instead of being taped at the

See Weight, Page 2

VIP visits



Fort Riley and 1st Inf. Div. Commanding General Maj. Gen. Carter F. Ham (right) leads Secretary of the Army Francis J. Harvey down the 1st Div. hallway in the "Big Red One" Headquarters at Fort Riley on Nov. 2.

Army secretary views team training

By Spc. Shaina Howard
1st Inf. Div.

Secretary of the Army Francis Harvey met with 1st Infantry Division Military Transition Team members during a visit to Fort Riley Nov. 2.

"This is a very important mission. Perhaps at this time nothing going on in the Army is more important than training the members of these transition teams," Harvey said.

"Ultimately these (Iraqi and Afghan) Security Forces, rather than the United States military, will have to provide basic security for their country," he added.

Members of the 1st Infantry Division's 1st and 3rd Brigade

Combat Teams support the MiTT mission by training U.S. Army, Air Force and Navy commissioned and noncommissioned officers to teach, coach and advise Iraqi and Afghan Security Forces. Transition team members embed with Iraqi and Afghan Security Forces after they finish their 60-day training cycle at Fort Riley.

"This morning we saw the training of the transition team members. It was very impressive. This training is comprehensive and in-depth," Harvey said. "I was very impressed with the whole scope of training going on here at Fort

See Sec. Harvey, Page 8



Secretary of the Army Francis J. Harvey (right) gets some language instructions from Lt. Col. Kurt Schneider at the language lab at Fort Riley's Camp Funston.

Engineers preparing for Afghan mission

Training hones skills Soldiers will use on tour

By Sgt. Nicole Clarke
1st Inf. Div.

Engineers of Company A, 70th Engineer Battalion, spent two weeks in the field late in October, training squads and platoons on engineer qualification tasks in preparation for their slated deployment to Afghanistan.

The training's goal was to allow Soldiers to receive basic engineer guidance and preparation for the skills the Soldiers may need in Afghanistan, or anywhere else for that matter, said Sgt. 1st Class Steven Vinson of Co. A.

"We practice some of the same situations they are going to be in downrange. That way, when they get into those situations, they will know how to react, how to handle it and exactly what to do," Vinson said.

The first week of the training, all attention was directed toward training 27 squads in area clearance and convoy live-fire missions, said Company Commander Capt. Stephen Heinz. The second week, the unit conducted training at the platoon level using knowledge the squad leaders gained in the first week.

"We conducted a convoy live-fire and live demolitions training focusing on live-fire movement techniques and conducting area clearance operations of a minefield," Heinz said. "Additionally squad leaders and platoon leaders honed their troop leading procedure skills by issuing a full operations order and conducting rehearsals to standard."

The training was realistic, Heinz said.

The mission for Co. A was to destroy a crashed Coalition Predator unmanned aerial vehicle and continue with route clearance before returning to the Forward Operation Base.

"This mission was a success," said 2nd Lt. Andrew Boggs, Co. A platoon leader. "For us, it's about

See Engineers, Page 3

Task force arms Soldiers with vital knowledge

2nd Bn., 70th Armor, offers culture sensitivity, language, Islam classes

By Mike Heronemus
Editor

Trainers assigned to 2nd Battalion, 70th Armor, Task Force arm members of transition teams preparing to deploy from Fort

Riley to Iraq or Afghanistan with a weapon that doesn't shoot people or blow up things.

Cultural awareness arms the future military advisors with the knowledge to ease the acceptance of the advice and knowledge they

want to impart to the foreign army and security forces they will serve with for a year.

The responsibility for outfitting those advisors with cultural awareness falls on the shoulders of Soldiers assigned to the former

tank battalion turned training cadre. "We call it a task force because we don't just have tankers assigned. We have all kinds of military specialists assigned to us," explained Maj. Sean McWilliams, commander of

the specialized unit. McWilliams' Soldiers went to school to learn as much as they could about the Iraqi and Afghan cultures and about Islam, the major religion practiced in those

See Cultural training, Page 4

You can find the Fort Riley Post online at www.riley.army.mil





Post, Army news briefly

Hospital offers flu shots

Immunizations will be given to high-risk individuals in the Preventive Medicine Clinic on the 5th floor of Irwin Army Community Hospital from 7:30 a.m. to 4:30 p.m. on Nov. 22 and from 1 to 7 p.m. Nov. 29.

High-risk individuals include:

- Those aged 65 and older
- Those with chronic health problems, such as heart disease, lung disease, diabetes, anemia, etc.
- Those with seizure disorders or cerebral palsy
- Those with weakened immune system (HIV/AIDS, cancer, steroidal therapy)
- Children and adolescents 6 months to 18 years of age on long-term aspirin therapy
- Women pregnant during flu season
- All children 6 to 59 months old
- Household contacts and out-of-home caretakers of infants from 0 to 59 months old.

Post to honor foreign POWs

Fort Riley will honor German and Italian Prisoners of War who died while in captivity at Fort Riley during World War II and are buried at the Fort Riley Cemetery. The ceremony will be held

at 11 a.m. Nov. 17.

A delegation of German and Italian officers from the Combined Arms Center at Fort Leavenworth will lay a wreath in the cemetery near the graves of German and Italian Soldiers. German and Italian "Taps" will be played and a rifle detail from Fort Riley will fire a three-round volley. The public is invited to attend.

Dining hall open for families

The Main Post Dining Facility is now open to families on Saturdays and Sundays.

Cost for family members will be the same as for Soldiers on Separate Rations.

Breakfast hours are 7:30 to 9 a.m. both days.

Lunch hours are noon to 1:30 p.m. Saturday and 11 a.m. to 1:30 p.m. Sunday.

Dinner hours are 4 to 5:30 p.m. each day.

Post graduation set for Dec. 13

The semi-annual commencement exercise for graduates of college and university programs taught at Fort Riley is scheduled for 1 p.m. Dec. 13 in King Field House.

Those students wishing to participate in the ceremony should contact Gary Thompson of Education Services at 239-6481.

Installation command consolidates regions

IMCOM-West

ROCK ISLAND, Ill. – The U.S. Army Installation Management Command activated IMCOM-West on Nov. 1 as it transforms to assure the world's best Army is supported by the world's best installations.

IMCOM-West will oversee the management of more than 30 active and reserve Army installations in 26 states ranging from Ohio to the West Coast.

The new region will rise from the merger of IMCOM's current Northwest Region, headquartered on Arsenal Island, and the Southwest Region, located at Fort Sam Houston, San Antonio, Texas. Both offices will continue to support Army garrisons as operations transition into IMCOM-West.

The merger of the Northwest and Southwest Offices to

IMCOM-West at Fort Sam Houston will be accomplished over the next two years in accordance with the 2005 Base Realignment and Closure process and applicable personnel policies.

Secretary of the Army Dr. Francis J. Harvey approved J. Randall Robinson, current director of IMCOM's Northwest Region, as the first director of IMCOM-West Region.

Robinson will lead IMCOM-West as it strengthens critical programs to optimize garrison resources, protect the environment and enhance the well-being of the Army community while supporting commanders in the performance of their tactical and strategic missions to generate, project and sustain Army forces.

A ceremony recognizing activation of IMCOM-West will take place at Fort Sam Houston on Nov. 21.

Weight continued from page 1

wrist, forearm, neck and hips, females will now be taped around the abdomen, neck and hips.

"Measuring the abdomen will give a more accurate portrayal of a female Soldier's body-fat percentage," Minitrez said. "We don't want fat Soldiers, we want fit Soldiers. The tape test is still going to help determine body-fat and fitness levels compared to lean muscle-mass levels."

Repercussions for Soldiers failing to meet Army weight standards remain unchanged. They will still be enrolled in the Army Weight Control Program, through which Soldiers seek counseling from a nutritionist on eating properly and incorporating exercise into their daily routines. They must also receive a blood test from their local military treatment facility to rule out medical problems.

Enrollment in the program does not prohibit a Soldier from deployment, but it does prevent positive actions such as awards or

attendance at professional development schools.

"The program is designed to assist Soldiers in creating a healthy, fit lifestyle that the Army requires in a time of war," Minitrez said. "We want all of our Soldiers to be 'Army Strong.'"

The revised AR 600-9 was published Sept. 1 and implemented Oct. 2, but Army leaders decided to give active-duty and reserve-component Soldiers a six-month transitional period. March 31 is the mandatory effective date.

"This revision didn't happen overnight," Minitrez said. "Researchers have been working for at least a decade to determine if current systems of measuring body fat were the best systems out there."

"Research is always ongoing and the Army, just like any other agency, has to keep evolving and using the latest data available – whether it's with equipment, technology or in this case, medicine," he said.

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Post, Army news briefly

Youth classes, activity slated

Nov. 10 – 9 a.m. to 3 p.m., Red Cross Babysitting Class; 3:30 to 5:30 p.m., Home Alone Training

For more information, call CYS at 239-9173.

Dining halls set holiday meals

Fort Riley dining facilities will open for family dining on Thanksgiving Day.

The meal costs \$5.20 for family members of Soldiers in pay grades E-3 and up. The family member meal rate for Soldiers E-4 and below is \$4.30.

The Main Post Dining Facility will be open from 11 a.m. to 3 p.m. for the Thanksgiving meal.

The Division Support Command/1st Brigade Combat Team Dining Facility will be open from 11 a.m. to 2 p.m. for the Thanksgiving meal.

The Combat Aviation Brigade/3rd Brigade Combat Team Dining Facility will be open from 11 a.m. to 2 p.m. for the Thanksgiving meal.

The 4th Infantry Brigade Combat Team Dining Facility is

closed until Nov. 27.

Dining Facility No. 1 at Camp Funston will be open from 11 a.m. to 3 p.m. for the Thanksgiving meal.

Dining Facility No. 2 at Camp Funston will be closed until Nov. 27.

For more information, call Chief Warrant Officer Jasper Lee Jr. at 240-1232.

Soldier Family Support Center activities

The following classes are scheduled at the Soldier and Family Support Center:

Nov. 14 – 8 a.m. to 5 p.m., First-Term Soldier Financial Readiness Class

Nov. 14 – 11:30 a.m. to 1 p.m., Exceptional Family Member Support Group Meeting

Nov. 14 – 1:30 p.m. to 4 p.m., Sponsorship Training

Nov. 15 – 9 a.m. to noon, Checkbook Management, Banking Services and Basic Budget Development Class

Nov. 15 – 1:30 p.m., Permanent Change of Station Briefing – Overseas

Nov. 15 – 1 to 4 p.m., EFMP and NPSP Developmental Screens

Engineers

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as realistic as we can make training out here.

"We can do the grass drills in the motor pool or in the field, but when we put it all together with live rounds going downrange and live demo on the objective, there is no substitute for that," he added.

The training is primarily focused toward the small-unit leader, such as squad leaders and platoon leaders, Heinz said.

"By training squad leaders and squads, you will have strong platoons; and by training platoons to standard, you will then have strong companies," Heinz said.

This is one of many training exercises the unit is scheduled to conduct before their deployment to Afghanistan.

"Other training events are several M4/M16 ranges and machine gun ranges," Heinz said. "Additionally, we are working close with Fort Leonard Wood, Mo., and sending Soldiers to area-clearance courses and route-clearance courses specifically designed for Afghanistan."

The Soldiers of the 70th Eng. Bn. also are slated to go to the National Training Center at Fort Irwin, Calif., toward the end of November.



70th Eng. Bn. photo

Pvt. Randolph Glick, a combat engineer with Co. A, 70th Eng. Bn., clears a suspect area of unexploded ordnance during a platoon-level training exercise at Fort Riley's Training Area 6 on Oct. 26.

"The training we conducted was from scenarios of the unit we are replacing in Afghanistan," Heinz added. "What the Soldiers saw in this field exercise is what they will see in our upcoming

deployment," he said.

"This ... is exactly what we need and there is no substitute for tough realistic training," Boggs said. "Doing this out here with live rounds, live demo at the run

phase after doing the crawl and the walk, and meeting the safety standard, prepares Soldiers ... for future combat.

"For us, this is the culmination of a lot of work," Boggs said.

ARMED FORCES COMMUNICATIONS

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DAILY UNION

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Cultural training continued from page 1

areas. The trainers' education began at Fort Huachuca, Ariz., where they learned how to teach cultural awareness.

Other training came at Fort Leavenworth, Kan., and the Naval post-graduate school, McWilliams said. A plus for the task force comes in the experience its cadre has in-country. "All of our senior noncommissioned officers and officers are veterans (who served in Iraq or Afghanistan), most two times," he said.

"We also maintain everyday contact with transition groups in-theater," he said, to keep abreast of what has been taught that was valuable and what wasn't taught that could be useful to future transition teams. The task force even sends its trainers into the theater for first-hand evaluations of what their training at Fort Riley needs to accomplish, he said.

The hardest thing for transition teams to accomplish is building relationships with the Iraqis or Afghans they are sent to advise, McWilliams said. Cultural insensitivity on the part of U.S. Soldiers can seriously hinder the acceptance of their advice, he added.

"Iraqis, for example, are very sensitive to rank, and we are sending noncommissioned officers to advise high-ranking Iraqis about what they aren't doing right or what they should be doing," McWilliams pointed out. "They (noncommissioned officers) have to be sensitive about how they



Post/Heronemus
Capt. Bryan Ceerle (left) points to one place he served in Iraq as Maj. Sean McWilliams, 2nd Bn., 70th Armor, commander, and 1st Lt. Jon Boyle recall places they served while deployed. All three have switched from being combat Soldiers to training cadre for deploying military transition teams training at Fort Riley.

make suggestions."

One of the lessons the task force learned from transition teams they've helped train is that cultural awareness training needs to come very early in the 60-day cycle each team goes through at Fort Riley. They need that awareness to deal with training scenarios they face in later phases of

their training, McWilliams explained.

Now, 2nd Bn., 70th Armor, Task Force presents its cultural awareness training, including differences in military and civilian cultures, language and religion, near the beginning of transition team training.

Capt. Bryan Ceerle serves as

commander of Company A, 2nd Bn., 70th Armor, and as a primary instructor. He served as an interpreter manager for the battalion during an Operation Iraqi Freedom rotation and handles some language training for transition teams training at Fort Riley.

Transition team members seem to inheritantly understand the

value of speaking some Arabic, Ceerle said. He has observed the training team members jotting down phrases and committing them to memory throughout the cycle.

The U.S. advisors need to remember that the Iraqi and Afghan interpreters they deal with in-country will be doing the same thing, he advised. Ceerle said interpreters he worked with in Iraq often approached him at the end of the day to ask the meaning of words and phrases they had jotted down.

"Our transition team members need to be careful about vulgarity," Ceerle pointed out as he recalled those instances in Iraq.

"In the Mideast, religion is an enormous part of the country's everyday life," emphasized 1st Lt. Jon Boyle, who teaches transition teams about Islam. About 97 percent of the Iraqi forces are Muslims, he said.

One of the immediate realities the teams face will be the Muslim requirement for prayer five times a day, he pointed out.

"We've all heard stories about Iraqis being on military operations and all of a sudden stopping for prayers," he said, but that's not really the case in most situations.

The Koran allows variations in the times for prayer, he explained. It doesn't prescribe prayers be made at specific times of the day,

so the challenge for the transition team advisors is to convince the leaders they advise to complete their prayers before an operation, he said.

Other religious sensitivities center on some medical treatment and some food that must be avoided, Boyle added.

Just because 97 percent of the Iraqi forces are Muslim, Americans shouldn't expect identical actions in certain situation, Boyle said. "When Americans try to wrap their brain around Iraq, they think every Muslim will act the same way, but they won't," he said.

They need to observe, Boyle urged. From his experience working with Iraqis, Boyle said he gained the most benefit from "just observing" and learning from what he observed.

Mike Heronemus can be contacted at mike/heronemus@riley.army.mil or 239-8854.

HOUSE FILL AD

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Commentary

Thursday, November 9, 2006

Fort Riley Post

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Riley Roundtable

This week's question:

Which group of military veterans do you think are the most unsung or unappreciated in the United States today?



"The Buffalo Soldiers. They did a lot more than people realized."

Pfc. Zenaida Cabrera
Chemical operations specialist
172nd Chemical Company
Hometown: Oxnard, Calif.



"The Korean War vets. I don't hear too much about them. Women vets, because they play a bigger part today than they did in previous wars."

1st Lt. Kemetta Gary
S2 officer
2nd Battalion, 1st Aviation
Hometown: Atlanta



"Veterans of the Vietnam era. They've been forgotten. They were treated badly when they returned home and they deserve more respect."

Pvt. Brandon Lester
Aircraft electronics specialist
Co. D, 2nd Battalion, 1st Aviation
Hometown: Columbia, Ill.



"Veterans of wars previous to the Gulf War. It seems like everybody is shifting their focus to Iraqi Freedom."

Capt. Jason Marshall
Assistant S3
1st Battalion, 16th Infantry
Hometown: Parsons, Kan.



"Really, I think all of them are. It's the older vets because those wars are long over and it's the younger guys because their war's not over and in the books yet."

Sean Schrodt
Concrete layer working
on 1st Inf. Div. headquarters
Hometown: Lincoln, Neb.

By Maj. Gen. Carter Ham
Commanding General
1st Inf. Div. and Fort Riley

On Nov. 9, the U.S. Army will launch a new campaign: **ARMY STRONG**. It's important to understand that this is more than a just a recruiting campaign.

ARMY STRONG is a campaign to inform the American public about their Army. It is a campaign to showcase the true quality of our Soldiers and the essential quality of the U.S. Army today.

What does **ARMY STRONG** mean?

In short, it means the strength gained by being a part of the U.S. Army is something special. The U.S. Army builds strength in people – mental strength, emotional strength and physical strength.

ARMY STRONG also points to that strength built by teamwork, by being part of the greatest team on the earth – the U.S. Army.

This **ARMY STRONG** is the strength of character that gets us through life's toughest challenges.



Maj. Gen. Carter Ham

lenges. The Army does not just prepare a young woman or man for military life – we prepare very well our young men and women for all of life's great challenges.

ARMY

STRONG shows how Soldiers build strength of character, character built by discipline, toughness and commitment to ideals that are bigger than one's self.

ARMY STRONG lies in closely with the U.S. Army's core values, such as duty, respect and integrity. It also brings to focus our warrior ethos: mission first, never accept defeat, never quit and never leave a fallen comrade.

We all admire the cancer survivor who never quits. We respect the civil rights leader who does not accept defeat. We hold in high esteem those business leaders who put morals before money.

We admire the sense of teamwork required to never leave a fallen comrade, whether we're talking of a fellow student in school or a friend going through tough times.

McCann-Erickson, the company that designed this campaign, has a motto. That motto is "Truth, Well Told." They understand the power of the truth. They, and we, believe strongly that telling that truth in a powerful manner is the most effective means of persuasion.

The U.S. Army chose the 1st Infantry Division to tell this story to the world. The "Big Red One" patch in itself tells a powerful story of a strength gained by history and by hardship.

We don't want smoke screens or dramatizations of what makes up the U.S. Army; we simply want the public to know the truth. **ARMY STRONG** is the truth. We are an honorable institution that strengthens the values of our young men and women.

We instill in them the value of teamwork, of not just realizing their potential, but redefining their potential. We forge leaders

of moral, physical and emotional strength. We know this. You know this.

So, I ask you to support this effort not only to recruit, but to help our nation understand the true value and quality of America's Army – your Army.

The essence of the new campaign is captured in two simple statements: There is nothing on this green earth that is stronger than the U.S. Army, because there is nothing on this green earth stronger than a U.S. Army Soldier.

When the U.S. Army developed the concept for this campaign, they knew there was one division that would best represent the strength of our Army. They called on the 1st Inf. Div. For that reason, many of the advertisements will feature our very own "Big Red One" Soldiers and our Combat Aviation Brigade helicopters.

I am confident that when you see these advertisements you will be as proud of our Soldiers as I am. They are not just strong, they are **ARMY STRONG!**

DUTY FIRST!

Military families

Military values evident in Army families

Editor's note: The following essay was submitted to the Post by a home-schooled student as an entry in the paper's contest for students in the fifth through eighth grades. The contest was offered in support of National Military Family Week, Nov. 13-17.

Values of a Military Life

By Liam Manville

6th grade

B oom. The blast of a cannon ricochets through the air and 20 kids halt their game and place their hands over their hearts as the music starts to play. They cannot see the flag low-



Liam Manville
6th grade

ering, but they know to stop what they are doing and face the music. This happens at 5 o'clock in my neighborhood and on military bases all over.

I can explain the values of a military life using this picture. One of these values is respect. The kids show respect by stopping the game and standing at attention with hands over their hearts. Kids are taught to respect

things, such as people of higher rank, the flag and other people's property.

This picture represents another military value, that of a tight community. One kid was able to play football while his mom ran to the commissary because another mom agreed to watch him. Three of the kids stayed with neighbors while their mom was in the hospital.

Another value is discipline. The kids stopped the game immediately, knowing they could resume it once the flag was lowered and the music stopped. Flexibility is another value. Games and teams are decided

quickly with little disagreement. To military kids, loss of family, friends, jobs and even homes is normal, but they are flexible and know it is only temporary until they reach a new destination and start all over again.

Yet another value is diversity. Black kids, white kids, Korean kids, high school kids, middle school kids, preschool kids, home school kids, adopted kids, officer's kids and enlisted kids all play together and get along pretty well.

Military families and kids are not perfect, but by practicing these values, kids like myself are able to cope with one another and military life much more easily.

Need to call for help?

Fort Riley domestic violence and sexual assault response

line (24 hours) – (785) 307-1373

Fort Riley Victim Advocate Program – (785) 239-9435

Chaplain – (785) 239-4357

Irwin Army Community Hospital emergency room – (785) 239-7777

Military Police (785) 239-MPMP (6767)

Local Police (on and off post) – 911

For confidential, free services, including safe shelter, call

The Crisis Center, Inc. (24 hours) – (800) 727-2785

Kansas Statewide Hotline – 1-888-END-ABUSE (363-2287)

National Domestic Violence Hotline – 1-800-799-SAFE (7233)

Letters to the editor:

The Post welcomes letters to the editor. Letters should not contain any libelous statements or personal accusations.

Letters accepted for publication must include the writer's full name and a phone number where he or she can be reached.

Letters may be edited to fit space but never edited to change the writer's viewpoint. Send letters to mike.heronemus@riley.army.mil or fax them to 239-2592.

FORT RILEY POST

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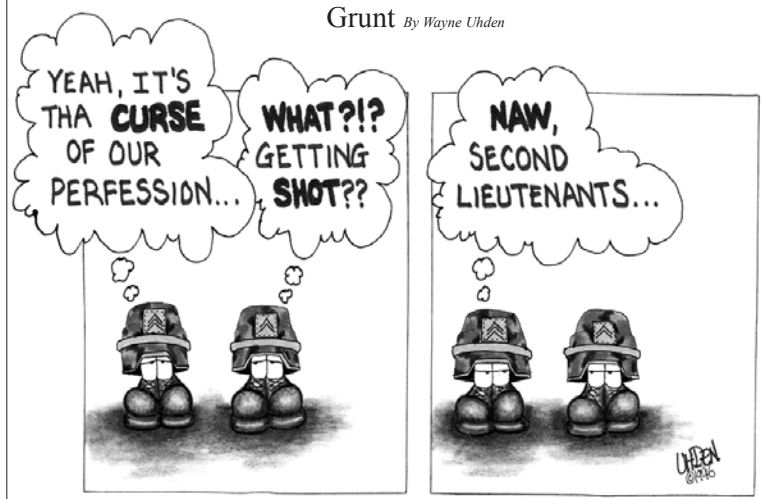
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Grunt By Wayne Uhden





Combat aviation unit to grow

By Tom Throne
The Daily Union

The Combat Aviation Brigade at Fort Riley continues to grow and is up to 1,600 Soldiers and 42 helicopters, reported Col. Robert Johnson, brigade commander.

He briefed more than 70 people attending the Military Affairs Council breakfast Oct. 26 at the Geary County convention center.

The brigade will grow by about 1,000 more Soldiers in the next few months, he said.

It started earlier this year with 400 Soldiers from Germany and 150 from Fort Campbell, Ky., where the Apache helicopters were stationed.

Additional Soldiers will come to Fort Riley when the 30 Kiowa helicopters stationed at Fort Carson, Colo., are transferred.

The Kiowa reconnaissance and attack helicopters are slated to arrive in 2009, Johnson said, but the CAB is trying to get them here

quicker than that.

The brigade hopes to be up to 86 aircraft, minus the Kiowas, by Christmas and would be composed of a Black Hawk battalion used for air assault, medevac and general support; a battalion of Apache attack helicopters; and a battalion of Chinook helicopters used for general support lifting and air assault.

Johnson announced at the breakfast that the 82nd Medical Company (Air Ambulance) with its 12 helicopters, would be returning to Fort Riley from Iraq the following week. "They've done a great job in Iraq," he said.

The CAB commander said a lot of work is being done short-term and long-term at Marshall Army Airfield to accommodate the Soldiers and their helicopters.

The airfield hasn't been used in 10 years, and many of the buildings and hangars require renovation, he said.

On the north side of the air-

field, where the Chinook support battalion is to be located, concrete pads are being added to support the heavy helicopters. In addition, two temporary hangars are being built there with a new simulation center.

The medical clinic for Soldiers and dependents of the brigade has been fully remodeled.

A lot of construction will be done at the airfield in the long-term, Johnson said.

The runway is deteriorated and will be replaced at a cost of \$17 million so that it can handle the weight of the heavier helicopters, he said.

Two new hangars, two new battalion headquarters, a dining hall and a refueling area will be built at the airfield.

The brigade also will have new barracks and a fitness center constructed at Camp Whiteside, northeast of Irwin Army Community Hospital, off Huebner Road.

The National Guard unit

rebuilding M1A tank engines will remain in Hangar One, as it is the only unit in the Army doing that type of work.

Johnson said the Chinooks his unit is receiving are new or totally rebuilt aircraft. He didn't anticipate they would be replaced until a new joint heavy lift aircraft is adopted, which could be some years out.

Editor's note: This story first appeared in the Oct. 24 issue of The (Junction City) Daily Union and is reprinted with permission of Editor and General Manager Tom Throne.



1st Inf. Div./Clarke
Spc. Eric Cude, Co. B, 2nd Bn., 1st Avn. Regt., ties down the rotor blade of a CH-47 Chinook helicopter.

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Secretary of the Army Francis J. Harvey (front) address military transition team Soldiers during their communications training at Fort Riley's Camp Funston on Nov. 2.

M-JSC Photo/
Peter Aiken



Sec. Harvey continued from page 1

Riley.”
Over the course of a typical MiTT training course, Soldiers assigned to the 10- to 15-man teams train on survival skills and tactics, individual and crew served weapons and equipment, communications, combat life-saver skills and cultural awareness, said Col. Jeffrey Ingram, 1st Bde. commander.

This training is a rigorous and demanding preparation program designed to get team members mentally, physically and technically prepared to train and advise Iraqi and Afghan counterparts while maintaining their own security, Ingram continued.

At Fort Riley, MiTT members are provided with high quality training, a more effective use of resources and lessons learned from the battlefield, he said.

“Fort Riley is the centerpiece of establishing a free and democratic Iraq, and ... they are doing a similar mission in Afghanistan,” Harvey said.

Harvey acknowledged some of the challenges in training a for-

ign Army.
“This Army is an Army of leaders and an Army of action, and now we are asking some of our senior noncommissioned officers and officers to advise (the Security Forces) and lead from behind rather than from the front,” he said.

Harvey, accompanied by Maj. Gen. Carter Ham, commander, 1st Inf. Div. and Fort Riley, also met with senior Fort Riley command representatives to discuss changes occurring on post.

“(Secretary Harvey) had the opportunity to see some of the training that’s on-going here and talk about some of the things that are under way at Fort Riley. It has been a very good day and it’s an honor to have the secretary here with us,” Ham said.

**HOUSE
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82nd Med. Co. returns to post for 3rd time

By Sgt. Nicole Clarke
1st Inf. Div.

Spe. Kristy Green and her two children waved flags for Spe. Brandon Green Nov. 1. They had positioned themselves in the front of the crowd. She and numerous other family members and friends waited for the 150 Soldiers of the 82nd Medical Company (Air Ambulance) to walk into Long Fitness Center for the Redeployment Ceremony.

"It's 3 o'clock in the morning, and I'm happy to have my daddy home," said Jayden Green, son of Spe. Kristy and Spe. Brandon Green.

As the Soldiers entered the fitness center, they were welcomed by a loud and ecstatically cheering crowd of family, friends and Kansas State University students.

Once the Soldiers were in formation, Maj. Gen. Carter Ham, commanding general, 1st Infantry Division and Fort Riley, spoke to the Soldiers and the crowd.

"Thanks for your service, your sacrifice and especially for the families who have sacrificed so much over this past year," Ham said.

"You have a different patch on today than when you left, and I am very proud to see that. All of us are proud to see that, because you truly have lived up to the (1st Infantry) division motto of 'No mission too difficult, no sacrifice too great - Duty First!'" he concluded.

"It's great to have him home. Today is Orion's birthday, and I am glad to have him home for that," Kristy said.

Brandon echoed, "It's great.

There is no other feeling like it to be home on my son's birthday. The first thing I want to do with my family is get reacquainted and spend some time together - much needed time."

Between Kristy and Brandon, they have been deployed five times in five years. Kristy was deployed to Thailand and Bosnia, and Brandon has been to Iraq three times with the 82nd.

Brandon and his family were one of many families reunited at the ceremony who have been with the unit for all three deployments.

Tears streamed down Kira Fidler's face as she embraced her husband, Sgt. Jerry Fidler.

He is home in time for his daughter Ella's birthday, Kira said. Her birthday was on Veterans' Day. Jerry deployed two days before his daughter was born.



A crowd of anxious families, friends and sorority girls from Kansas State University cheer as Soldiers of the 82nd Medical Company (Air Ambulance) march into Long Fitness Center, knowing they soon would be reunited with their loved ones.

1st Inf. Div./Clarke

15th PSD single Soldiers surprised by co-eds' welcome

By Spec. Stephen Bauck
1st Inf. Div.

The best thing about coming back from a deployment for many Soldiers is reuniting with loved ones. While a good number of single Soldiers may not have friends or family waiting for them at their redeployment ceremonies, the good news is that not all ceremonies were created equal.

Meet Erin Garmin, student and Alpha Delta Pi sorority member at Kansas State University in Manhattan, Kan. Despite having class later that day, she drove to post and waited for hours to welcome back a single Soldier at the 3 a.m. Oct. 24 redeployment ceremony Detachment D, 15th Personnel Services Battalion at Long Fitness Center on Custer Hill.

She knew who she was going to meet; she had just never met him before - and there were many others in her position.

Garmin was one of more than 40 K-State students who showed up that morning to take part in Operation Welcome Home, a new

program in which students volunteer to personally welcome back returning Soldiers who have no family or friends meeting them upon their return.

"It serves a great purpose," Garmin said. "A lot of people here have family and friends, and I just thought that it would touch the lives of a lot of men and women and make them feel welcome."

Students support 'Welcome Home'

The ceremony marked the second occurrence of Operation Welcome Home - the first of which was for 15th PSB's Detachment E Sept. 26.

"It's my first time out here," Garmin said. "I was very interested in doing this and very excited. The time doesn't matter to us. The military is not always on a very flexible schedule."

Operation Welcome Home was the brainchild of April Blackmon, community relations officer for the Fort Riley Public Affairs

Office, and Joelle Mausolf, military relations manager for the Manhattan Chamber of Commerce.

"I've been doing several redeployments - covering them for the newspaper - and one of the things that was always sad to see was the Soldiers who had no family or who were single who just came, grabbed their bags and left," Blackmon said. "And we thought, 'We've got to do something for them.' A simple 'hi' just does so much."

Blackmon bounced her idea off Mausolf, who has been involved with the K-State sororities. From there, they contacted people in the 15th PSB's Family Readiness Group who coordinated with the units' rear detachments.

The first redeployment went well, Blackmon said, but she wanted matches for the single female Soldiers as well. Joelle contacted members of K-State's baseball team, a handful of whom participated in the Oct. 24 redeployment ceremony.

"It was nice," said Spec. Caroli-

na Hernandez, human resources specialist for Det. D. "They said they came by their own free will. It was cool that they made these signs and brought food."

"I was really surprised," said Spec. Leonard Brunk, casualty report specialist for Det. D. "I wasn't expecting that. It was really nice of them to be here."

Blackmon and Mausolf plan to continue coordinating future Operation Welcome Home events for other units, and there is no shortage of volunteers. In fact, Mausolf said there are so many students interested that she has more people than she knows what to do with.

"We wanted to do something small that has a big impact," Blackmon said.

"So far, it's been working out pretty well; and we just hope to keep continuing it. We've got one possible redeployment next month - 300th MPs - then it will be awhile; so, we just have to make sure we keep that interest until the next big groups start coming back next year," she said.



Jenna Shreiner, a student at Kansas State University and sorority member of Alpha Delta Pi, searches for her "assigned" Soldier at the redeployment ceremony for Det. D, 15th PSB, at Long Fitness Center Oct. 24.

1st Inf. Div./Bauck

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Petraeus shares leadership lessons with 'Black Lions'

By Capt. Sean McCoy
1st Bn., 28th Inf.

Officers of the 1st Battalion, 28th Infantry, "Black Lions" gathered early Oct. 25 to receive one of the Army's premiere leaders.

Lt. Gen. David Petraeus, former commander of the 101st Airborne Division and former commander of all Military Transition Teams in Iraq, gathered the "Black Lion" leaders and conducted a combat-focused physical training session while sharing his experiences in Iraq.

This was the capstone event for the "Black Lions" following a week of training to prepare them for their rotation at the National Training Center at Fort Irwin, Calif.

Throughout the week, Petraeus hosted the leaders of the 4th Infantry Brigade Combat Team, 1st Infantry Division, at the Combined Arms Center in Fort Leavenworth, Kan.

While there, the "Dragon Brigade" combat team leaders learned about the current operating environment in Iraq, as well as effective tactics, techniques and procedures for operating in that country. The "Dragons" will put many of these lessons to the test throughout November while deployed to NTC.

Petraeus expounded upon his experiences as the commanding

general charged with maintaining order in the northern Iraqi province of Ninevah, a sometimes hotbed of insurgent activity in places like Mosul.

"One of the main keys to success in Iraq, in fact, the key, is discipline," Petraeus said. "We have all heard stories of how the strategic corporal can make a bad decision which may threaten to undo much of what we have worked to achieve in Iraq."

Petraeus also shared his lessons learned while serving as the commander of all Military Transition Teams in Iraq.

This position allowed him to gain a keen insight on the challenges and rewards of helping to build a newly formed Iraqi army. He related some of the observations he has made about the cultural aspects of operating within the country.

In addition, "Black Lion" leaders benefited from his experiences as a proven leader throughout a storied career spanning more than 30 years.

"You have to give your men energy. You have to look them in the eye, and they have to know that you care," he said.

The "Black Lions" conducted a challenging PT session consisting of a 5-mile run at breakneck speed, a modified push-up

improvement session led by Petraeus and an abdominal workout.

Petraeus' physical abilities gave several of the 1st Bn., 28th Inf., officers an increased respect and admiration for the Army's senior leadership.

"He is the only senior officer I have worked out with who completely smoked me," said 2nd Lt. Michael Scheer, a former college football player and Company A platoon leader.

In appreciation for his guidance and mentorship to the battalion's leaders, Lt. Col. Pat Frank, the battalion commander, made Petraeus an honorary member of the "Black Lions."

K-State ROTC cadets rank high

By Levi Wolters
Kansas State University

MANHATTAN, Kan. — Two Kansas State University Army ROTC cadets are in the top 1 percent of the nation's 3,806 cadets who will be commissioned this year from the 272 Army ROTC programs across the country.

Commissioning is the process in which cadets, once they graduate from college, are officially appointed as Army officers.

Jonathan Spikes, graduate student in curriculum and instruction, and Elizabeth Hill, senior in history, rank in the top 1 percent of the national Order of Merit List. Both also rank in the top five of cadets in the 11th Brigade, which encompasses 19

schools from Kansas, Colorado, Nebraska, Iowa, Wyoming, North Dakota, South Dakota and Minnesota, and in the top 20 of all cadets in the Western Region — essentially all ROTC programs west of the Mississippi River.

Hill is the eighth-ranked cadet of all 3,806. She is the highest ranked cadet in Kansas.

"K-State cadets continue to excel nationally due to the high quality men and women who continue to join our program, the hard work of the cadre to prepare them to be lieutenants and the exceptional support we enjoy from the entire university and community of Manhattan," said Lt. Col. George Belin, professor and head of the department of military science.

Each cadet is judged separate-

ly for the list based on academics, leadership and physical fitness. Forty percent of the cadets' points are based on the cadet's cumulative grade point average.

The leadership category is broken down to two evaluations, each worth 22.5 percent of the points. Between the cadets' junior and senior year, they attend a six-week leadership camp at Fort Lewis, Wash., where they receive an evaluation based on their performance at the camp. They also receive numerous evaluations from Belin for their performance on campus.

The remaining 15 percent of the cadets' points come from a swimming test and the Army Physical Fitness Test, which includes push-ups, sit-ups and a 2-mile run.

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HOUSE FILL AD

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Post/Heronemus

An artillery half section of 4th Bn., 1st FA, fires a Civil War cannon replica Nov. 2 to start a ceremony to inactivate two battalions of the 3rd Brigade, 1st Armored Division, at Fort Riley. Lt. Col. Michael J. O'Neill, stands in front of his battalion's colors and campaign streamers that would be cased later in the morning ceremony on Custer Hill Parade Field.



Maj. Joseph F. Lizzi, commander of 1st Battalion, 13th Armor, 1st Armored Division, at Fort Riley, and Battalion Command Sgt. Maj. Carlos J. Alera, roll the battalion's colors and campaign streamers Nov. 2. The 1st Bn., 13th Armor, and the 125th Forward Support Battalion of the 3rd Brigade, 1st Armored Div., were inactivated at a morning ceremony on Custer Hill Parade Field at Fort Riley. Soldiers of both battalions have been reassigned to other units on post or at other Army installations.

Post/Heronemus

3rd Brigade inactivates two battalions

By Mike Heronemus
Editor

Two 3rd Brigade, 1st Armored Division, battalions cased their colors Nov. 2 as part of an inactivation ceremony on Custer Hill Parade Field.

The 1st Battalion, 13th Armor, traces its history to the beginning of the 20th century, when K Troop, 13th Cavalry (Horse), formed on Feb. 2, 1901, at Fort Meade, S.D.

The 125th Forward Support Battalion became part of the regular Army when it formed May 1, 1936, as the 3rd Battalion, 49th Quartermaster Regiment.

Both units were ordered to inactivate this year because the

3rd Bde. has assumed a new mission – training military transition teams for advisory duty in Iraq or Afghanistan. The brigade requires fewer Soldiers to meet that mission than it does to respond to Army needs as a heavy tank brigade.

"Today we say goodbye to two phenomenal organizations that have been an integral part of the 'Bulldog' team," said Col. Norbert Jocz, commander of the 3rd Bde. "Bulldogs." They "have made tremendous contributions to our Army and our nation," he said before going on to explain what it means to case a unit's colors.

"When we roll these silk flags and cover them in the OD (olive drab) green sheath, you can feel the presence and honor of those

who have served before us. Present in those magnificent colors are the sacrifice, blood, sweat and glory of those who served in the 'Dakota' and 'Atlas' battalions.

"Stitched in our hearts and in that silk are forever those brave men and women who suffered and perished in service to our nation," he said.

"In those colors are so many memories," Jocz continued, "some long forgotten."

"In those colors is everything good about our Soldiers and our team."

"In those colors there always resides the 'Bulldog' attitude," he said.

"Those memories will always remain, never to be encased," Jocz promised.

Battalions boast glorious history

The 13th Armor joined the 1st Armored Div. at Illesheim, Germany, in 1974. It moved to Vilseck, Germany, in 1987 before being inactivated and redesignated 2nd Bn., 13th Armor, at Fort Knox, Ky., in 1988.

The battalion reactivated in February 1996 as part of the 1st Armored Div. and was stationed at Fort Riley as part of the 3rd Bde. It deployed to support Operation Iraqi Freedom in April 2003 and conducted combat operations in northwest Baghdad until its return to Fort Riley in 2004.

The battalion again deployed in support of Operation Iraqi Free-

dom in January 2005. It again conducted combat operations north of Baghdad until its return to Fort Riley in January 2006.

The battalion has earned battle streamers for Mexico 1916-1917, Algeria-French Morocco (Arrowhead), Tunisia, Naples-Foggia, Anzio, Rome-Arno, North Apennines and Po Valley.

The 125th FSB joined the 3rd Bde. at Fort Riley in February 1996.

The battalion deployed to Iraq in March 2003 to provide direct support and mortuary affairs for the brigade. The battalion had four Soldiers suffer wounds in action during that deployment.

Nine months after returning to Fort Riley, the battalion deployed again to Iraq to conduct cordon

and searches, to augment medical civilian action programs and to operate the division holding area annex.

It returned to Fort Riley in January 2006.

The 125th FSB has earned campaign streamers for Naples-Foggia, Anzio, Rome-Arno, North Apennines and Po Valley in World War II and campaigns during Operation Desert Shield and Desert Storm.

It earned a Valorous Unit Award for Operations Desert Storm and Iraqi Freedom I and the Valorous Unit Commendation (Army) for actions in Italy during World War II.

Mike Heronemus can be contacted at mike.heronemus@riley.army.mil or 239-8854.

DAILY UNION
6 x 12 1/2"
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AUSANOV,





Fort Riley Community Life

Thursday, November 9, 2006

America's Warfighting Center

Page 11

Community news briefly

Free auto repair class offered

The Fort Riley Auto Skills Center offers a free basic auto repair class from 6 to 7 p.m. Nov. 16. For more information, call the center at 239-9764.

Classes given in Spanish

Army Family Team Building classes are now offered in Spanish. For information about the classes, call Becky Willis at 239-9435 or Jacky Porter at 410-6945.

Las clases Construyendo el Equipo de la Familia del Ejército ofrecen información vital a miembros de la familia tocante el mundo a veces confuso del military, un mundo que el soldado experiencia todos los días, pero que puede ser un concepto confundido para el conyuge quien no sabe la diferencia entre PCS y PMCS.

Para mayor información, llama a ACS: Becky Willis 239-9435 y Jacky Porter 410-6945.

Stories feature friends, families

"Friends and Families" will be celebrated at Saturday story times in November at the Fort Riley Post Library. The library will celebrate military families with a display of books for all ages about the issues and experiences military families face.

All military families are invited to share a story and a snack at story times every Saturday. The program starts promptly at 1:30 p.m. and again at 4 p.m. Children must be accompanied by a caregiver.

The library will be closed Nov. 11 for Veterans Day, but it will open again at noon on Nov. 12.

Fort Riley Post Library November story times. POC: Victoria Martin, 239-5305.

In honor of Military Family Week, the story on Nov. 18 will be "My Big Brother" by Miriam Cohen. A little boy learns how to help out at home when his big brother joins the Army.

On Nov. 25, the library will celebrate Kansas Reads to Preschoolers, a program sponsored by the State Library of Kansas. This project highlights the value of reading to preschool children as a first step in teaching them to read and write.

Kansas parents, grandparents, older brother and sisters, students, child care providers and librarians will participate in the program. Gov. Kathleen Sebelius is the honorary chairperson for the project.

The book chosen for the project this year is "Bunny Cakes" by Rosemary Wells. "Bunny Cakes" will be read to preschoolers across the state in libraries and schools.

The Fort Riley Library is located in Building 5306 on Hood Drive. The library is open from 11 a.m. to 6 p.m. Tuesday through Saturday, and from noon to 5 p.m. on Sundays. For more information, call 239-5305.

Stay In Step with Fort Riley

See what's happening on Fort Riley cable Channel 2 every day at 6:30 a.m., 8 a.m., noon, 6 p.m. and 10 p.m.

Welcome back

Soldiers, vets honored at parade

By Mike Heronemus
Editor

Junction City and Geary County honored seven people Nov. 4 for their untiring efforts to improve the quality of life for Soldiers stationed at Fort Riley and all veterans living in the region.

Three retired Soldiers and a former Soldier joined three civilians on the stage at the 5th Annual Veterans and Military Appreciation Day banquet at the Marriott convention center following the morning's "Welcome Back 1st Infantry Division" parade through Junction City.

Retired Lt. Gen. Richard Seitz, retired Command Sgt. Maj. George Terry, retired Buffalo Soldier 1st Sgt. Albert Curley, former World War II Soldier Merrill Werts, local highway contractor John Trygg, Junction City Manager Rod Barnes and Civilian Aide to the Secretary of the Army Emeritus John Montgomery received plaques commending them for their efforts to meld Junction City and Fort Riley into a cooperative and nurturing community.

The Junction City-Geary County Military Affairs Council also recognized veterans of World War II, the Korean War, the Vietnam War, Operation Desert Storm, Operations Iraqi and Enduring Freedom and other military members past and present.

City Commissioner Mick Wunder, who initiated the annual banquet honoring the area's military community when he served as Junction City mayor, reminded those attending the banquet of the vast changes being made to accommodate the return of the "Big Red One."

The community has risen to meet those needs, he praised, but much still needs to be done, he said.

The seven people honored at the banquet have committed themselves to improving the quality of life for Junction City and the Fort Riley community it considers part of the city, Wunder said.

Seitz, a native of Leavenworth, Kan., attended Kansas State University and was commissioned through the university's ROTC program. He was ordered to

active duty in 1940 and deployed to Europe with the 517th Parachute Infantry Regiment. In 1943, he assumed command of a parachute infantry battalion, making him the youngest battalion commander in World War II.

Seitz went on to serve 35 years in the Army, including positions as commander of the 82nd Airborne Division and the XVIII Airborne Corps.

See Parade, Page 13

Fort Riley PAO/Blackmon



Fort Riley PAO/Blackmon
Chuck Zimmerman, Junction City city attorney, rings the bell on the Flint Hills Rotary float.



Fort Riley PAO/Blackmon
Connie Hall (far left), director of the Junction City and Geary County Convention Visitor's Bureau, tosses candy to Ella Gilliam, wife of 1st Inf. Div. Chief of Staff Col. Walter Gilliam, and the parade judges.

Pen Points

Spouses are key decision makers

By Meredith Leyva

Founder, cinchhouse.com

SANTA ANA, Calif. — In the lucrative \$94 billion military market, a recent survey of military spouses shows that they — not servicemembers — are the key influence and decision-makers on major financial decisions, such as retirement savings, choosing financial institutions and making major purchases.

In nearly all categories, spouses reported they conducted the research and the final decision was made by them or jointly with their servicemember husband, whether he was deployed or not.

Findings include:

- 81 percent of spouses reported conducting the research on the couple's savings and investments; 23 percent of spouses single-handedly made the final decisions on their investments while 72 percent made the decisions jointly with their service member.
- 88 percent of spouses reported researching which bank the family will use; 77 percent made the selection with their servicemembers while 20 percent did not include him in the final decision.
- 97 percent and 91 percent of spouses reported the couple jointly decided on which home and car to purchase, respectively.
- 78 percent of spouses researched their family car insurance compared to 58 percent of servicemembers, and the final decision was made jointly in 71 percent of cases or by the spouse (23 percent).
- 64 percent of spouses were responsible for paying the bills each month or paid them jointly with their servicemember (28 percent). Only 11 percent reported their husbands as being responsible for paying the bills.
- Life insurance was the only financial decision where spouses reported being less involved. Spouses conducted slightly less research (67 percent) than their husbands (77 percent), yet the final decision was made jointly in 74 percent of cases or by the servicemember in 23 percent of cases.

We've known for awhile that military spouses bring home a

See Survey, Page 12

Weight loss surgery severely limits food intake

By Capt. Bethany Deschamps
Chief, Nutrition Care Division

Gastric bypass surgery is becoming a more common option for weight loss among morbidly obese individuals.

The surgery creates a tiny food pouch, allowing the stomach to be bypassed during digestion. Food flows from the pouch to the jejunum, a part of the small intestine.

The outcome is greater weight loss with long-term maintenance of the weight loss. It is a viable option for those individuals who need to lose greater than 100 pounds and have co-morbidities, such as diabetes, high blood pressure and high cholesterol.

With the surgery come serious lifestyle changes, including diet. One of the first dietary challenges is becoming used to the amount of food tolerated.



FOR YOUR HEALTH

The tiny pouch can only hold about 8 ounces (1 cup) of liquids and solids at a time. Consuming too much food and liquid at one time or consuming it too quickly can cause dumping syndrome, a condition where food and liquid is quickly expelled from the body shortly after it is consumed. It will usually be expelled from the mouth, exits through the colon, or both.

To prevent dumping syndrome, foods must be consumed very slowly and in small amounts. It will usually take 30 minutes to an hour to consume 1 cup of food.

Liquids, unless they are being

consumed as a meal, need to be consumed between meals. Liquids should not be consumed until about 30 minutes after eating and should not be consumed about 30 minutes before a meal.

Foods that are high in sugar or fat are not well-tolerated. If they are consumed, especially in large quantities, they can cause dumping syndrome. Examples are regular soda, fruit juices, candy, ice cream, cookies, high fat meats, fried foods, cakes and pies, salad dressing, mayonnaise, peanut butter, sour cream and potato chips.

The most tolerated foods and beverages are those that are low

in sugar, low in fat, or sweetened with a non-caloric sweetener, such as Splenda or Equal.

Types of fruits and vegetables that can be eaten are also limited.

Fruits canned in heavy syrup may cause dumping syndrome because of their high sugar content. The acid and pulp in citrus fruits, such as oranges and grapefruits, may cause problems, and other fruits, such as pineapples, apples and melons, may cause gas distress.

Vegetables with tough skins or seeds, such as tomatoes, corn, celery, potato skins and cucumbers with skin, are not well-tolerated the first six months after surgery. Cabbage, cauliflower, broccoli, squash and raw Brussels sprouts may cause gas distress.

It is common for gastric bypass patients to become lactose intolerant; therefore, dairy prod-

ucts may be limited. Also, full-fat dairy products, such as whole milk, can cause problems.

The best choices for dairy products would be non-fat milk, yogurt and low-fat cheeses.

Non-fat soy milk and yogurt also are good alternatives for those who develop lactose intolerance.

Alcohol and carbonated beverages also tend to cause problems, like gas distress and dumping syndrome. Smells of certain foods may cause nausea and vomiting, especially in the first six months after the surgery. Some common adverse food smells include red meat, eggs, broccoli, cauliflower and chicken.

Spicy foods may cause indigestion and should be avoided. Nuts and popcorn are not well-digested and should also be avoided.

Because there are so many

See Surgery, Page 12





Community news briefly

Commissary plans sale

The Fort Riley Commissary plans to salute veterans with a special appreciation after hours sale from 9 p.m. to midnight Nov. 11.

Select items will be available for shoppers' convenience.

For more information, call 239-2921.

Commissary sets holiday hours

Veteran's Day, Nov. 11 – 9 a.m. to 8 p.m.

Pre-Thanksgiving, Nov. 20 – 9 a.m. to 8 p.m.

Thanksgiving, Nov. 23 – Closed

Nov. 24 – 9 a.m. to 8 p.m.

Pre-Christmas, Dec. 18 – 9 a.m. to 8 p.m.

Christmas Eve, Dec. 24 – 9 a.m. to 4 p.m.

Christmas Day – Closed

New Year's Eve, Dec. 31 – 9 a.m. to 6 p.m.

New Year's Day – Closed

Spouses' club plans luncheon

The Fort Riley Officers' and Civilians' Spouses' Club will meet for its November luncheon at 11:30 a.m. Nov. 16 at the Junction City Country Club.

The luncheon will feature a "decorating on a dime" program presented by three talented local military spouses who will create a holiday mantel/centerpiece on a very limited budget.

OCSG will be collecting items for Red Cross baby layettes at the November luncheon. Anyone wishing to make a donation should bring "onesies," receiving blankets, diapers, pacifiers or booties to the luncheon.

The items donated are made into baby layettes that are given to new babies born at Irwin Army Community Hospital.

PRAIRIE HAWK CYCLE & LEATHER,
1 x 1.5"
Black Only
1x1.5 Prairie Hawk Nov TF

MANHATTAN SHOE REPAIR
2 x 2"
Black Only
2x2 Man Shoe Nov TF Grippers

PINNACLE FLOORING
2 x 5"
Black Only
2x5.pinnacleflooring.11/3.1k

Surgery

continued from page 11

foods that should be avoided and the fact that so little food can be tolerated at one time, there is a risk of malnutrition after surgery. It is important to eat foods tolerated and to avoid dumping syndrome. Every time dumping syndrome occurs, a lot of nutrients are not absorbed, including calories.

It is critical to eat four to six small meals every day that include lean proteins, complex carbohydrates and foods high in vitamins and minerals. Each food taken in should be nutrient-dense for prevention of any kind of malnutrition or nutrient deficiencies.

After gastric bypass surgery, certain vitamins and minerals,

such as calcium, iron and Vitamins B12, D, and C, are at the highest risk for deficiency in the body. It is important to take a chewable multi-vitamin every day, a calcium supplement that comes from calcium citrate and includes vitamin D and an iron supplement.

Vitamin B12 shots will be administered monthly by injection or a sublingual supplement.

tion or a sublingual supplement.

Gastric bypass surgery is a life-changing event, especially when it comes to dietary habits. It is important before the surgery to be educated by a registered dietitian on what is nutritionally best for a successful outcome after the surgery. It also is important post-operation

to have scheduled visits with a dietitian so that they may monitor dietary progress.

The gastric bypass surgery should be a last resort for weight loss. A balanced diet, regular exercise and a healthy lifestyle should be the first and are always the best options for successful weight loss and maintenance.

Physical therapists give advice at PX

Sgt. 1st Class Dewayne Clinkinbeard offers advice about running shoes Oct. 14 at the Fort Riley Main PX before shopper Shelby Barber makes her purchase.



IACH photo

The Physical Therapy Clinic at Irwin Army Community Hospital offers community outreach every October at the post exchange.

In celebration of National Physical Therapy Month, the IACH PT staff performed foot-type evaluation statically with imprinting and dynamically on a treadmill with video analysis. They used that information to advise participants on the most appropriate type of walking or running shoe for them. Informational handouts regarding common injuries and conditions also were available. The PX management provided participants a 25 per cent discount on all athletic shoes. Upon request, the Physical Therapy staff visits units throughout Fort Riley, offering classes and evaluations.

Those interested in scheduling a class may call 239-7964.

Survey

continued from page 11

substantial amount of income, but this survey confirms the strong role they play in making major decisions for the family.

Military spouses relocate their families around the world and handle the stress of single-parent-hood during deployments, so it's not surprising that they often take charge of major financial decisions that affect the servicemember and family. This generation of military couples are true partners in that regard."

The web-based survey of military spouses was conducted by CinCHouse.com in July 2006 with 308 military wives responding.

TYME OUT
1 x 2"
Black Only
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FIRST UNITED METHODIST CHURCH
1 x 2"
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KSU DIVISION OF CONTINUING EDU
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HOUSE FILL AD

ALLSTATE INSURANCE
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FIRST PRESBYTERIAN CHURCH
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DICKINSON THEATRES, INC.
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CDC photo/Ohmacht

Kids prepare for festival

Demoni Taylor puts the finishing touches on a pumpkin-painting project recently in Module 4 at the Warren Road Child Development Center.

The CDC is preparing for its annual Fall Festival Nov. 17 as part of National Military Family Week. Activities will include apple decorating, friendship soup and pumpkin bowling to focus on "family fun and togetherness," said Monika Greene, CDC training and curriculum specialist.

For more information on the festival, call 239-9935.





Parade

continued from page 11



Fort Riley PAO/Blackmon
Division Command Sgt. Maj. John Fourhman high-fives Sgt. FN Bank as he makes his way down Sixth Street.

Since retiring and settling in Junction City, Seitz has been involved in many community, veteran and military events. "I feel very humble to receive this award," Seitz told the banquet assembly. "Off the top of my head I can think of at least a half dozen people more deserving."

Montgomery has led a life of community involvement, balancing his enthusiasm for business with a strong desire to support the men and women in the Armed Forces.

He is an active member and former chapter president of the Association of the U.S. Army, has served as chairman of the Governor's Military Affairs Advisory Council, director of the Armed Services YMCA and co-chairs the Old Trooper Regiment.

He was appointed civilian aide to the secretary of the Army in 1979 and again in 1995. He now serves as civilian aide emeritus.

"This is a great honor," Montgomery said. "I'm glad to represent the secretary of the Army today and to thank all the veterans for what they did for the Army. I'm proud of the return of the 1st Div., but there's still a lot to be done to welcome the 1st Div. back."

Terry served 30 years in the Army, including duty stations in the United States, Europe, Korea and Vietnam.

Terry returned with his family to Fort Riley in 1976, and they decided to make Junction City their home. "We loved it," he said.

Terry continues a close personal association with the U.S. Army and the military, being named an honorary command sergeant major of the 1st Battalion, 28th Infantry, "Black Lions" now stationed at Fort Riley and as the Regimental Sergeant Major of the 1st Aviation Regiment. He also has served the past five years as president of the Retired E-9 Association chapter.

Curley enlisted in 1940 and was assigned to the historic 9th Cavalry Buffalo Soldiers. He served as a rifleman in World War II. He returned to Fort Riley in 1947 and retired in 1969. He has been active in preserving the history of the Buffalo Soldiers and

educating the public on their contributions.

"It's an honor to be selected," Curley said. "I accept this on behalf of all the (cavalry) troopers who have gone on to 'Fiddler's Green,'" the legendary camping ground where the spirits of fallen troopers gather.

Werts grew up on a Kansas farm but entered military service in 1943. Werts said he left the family farm with the idea that he would return to farming after World War II. "If there's one thing I've learned in life, it's that our lives are totally unpredictable," he said, explaining why he never returned to the family farm.

One day, Dec. 7, 1941, changed his future and sent him to fight in Germany, he recalled. Another day, while fighting in Germany, wounds sustained in that fighting would keep him from every returning to the family farm, he said.

"In 1965, we had the opportunity to take a job in Junction City. I thought, 'Hey, it's next to Fort Riley.' So, we made the decision to come here. Gee, am I glad," he told the audience.

Werts has served as a civilian aide to the secretary of the Army and as a member of the Kansas state senate.

Trygg never experienced active duty, but his personal association with Fort Riley and the people assigned there have tied him almost as closely with the post as anyone who served there.

He has been instrumental in the financial support of the Armed Services YMCA, even receiving a national award for that support within the past couple of years. He has sponsored units deployed to Iraq, sending the Soldiers of those units frequent "care" packages of items not readily available to them overseas.



Vietnam veteran Jim Han-son sits with his grandchildren, Syd-ney Han-son (left) and Elijah Phillips, on the Silent Singers Sign Language choir float.

Fort Riley PAO/Blackmon

Parade winners

The Military Affairs Council presented parade awards to the following entries:

- First place (\$600)** to the Geary County Historical Society
- Second place (\$400)** to H&R Block
- Third place (\$300)** to the Flint Hills Rotary
- Honorable Mention (\$200)** to the Silent Singers

"Wow," was the first remark from Barnes. "I don't feel like I should be up here with these distinguished people."

Barnes explained his first enlightenment about the military by telling about his family's move to Junction City. Because they come from farming families, they thought "going to the field" meant

going out to plow or disc, he said.

"We now know that 'going to the field' meant (we would hear) the sounds of freedom (range gunnery)," he revealed. "Now, we don't want to be anywhere else."

Mike Heronemus can be contacted at mike.heronemus@riley.army.mil or 239-8854.

MWR
3 x 5"
Black Only
3x5W06R10/25acmetgtcoofsr

HOMESTEAD AUTO
1 x 1.5"
Black Only
1x1.5 HomesteadAuto 10/15 tf

LIGHTHOUSE CHRISTIAN FELLOWSHIP
1 x 3"
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WATERS TRUE VALUE-MANHATTAN ST
2 x 5"
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ADVANCED DENTAL ARTS
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MILITARY MEDIA
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ARMED FORCES COMMUNICATIONS
6 x 21.25"
Black Only
714242 FC WHY ITS IMPORTANT TO





Fort Riley Sports & Recreation

Thursday, November 9, 2006

America's Warfighting Center

Page 15

Sports news in brief

ITR offers Chiefs tickets

The Fort Riley Information, Ticketing and Registration Office across the parking lot from the Main PX has tickets to Kansas City Chiefs games against the Oakland Raiders Nov. 19, the Denver Broncos Nov. 23, The Baltimore Ravens Dec. 10 and the Jacksonville Jaguars Dec. 31.

Cost is \$70 to \$85 for tickets and coach bus transportation.

For more information, call 239-5614.

Youth wrestlers tussle in tourney

The Fort Riley Middle School wrestling team competed in the Little Apple Grapple Wrestling Tournament at Manhattan High School recently. Twenty-four teams competed. No team score was kept.

FRMS wrestlers named champions in their brackets and winning a gold medal for first place were Derran Bibbs, Frankie Zachar, Tommy Hoolahan and Rebecca Dirks. FRMS wrestlers winning silver medals for second place in their brackets were Brandon Nylan, Justice Van Ness, Guelmie Salgado and Dylan Soper.

Placing third and winning a bronze medal in their brackets were Cody Skinner and B.J. Tremble.

Jaelyn Gadson, Zach Grindstaff and Mason Holbert placed fourth in their brackets. Ryan Thomson, Colten Evans and Trevor Pond each won a match but did not place in their brackets.

Field house activities listed

Nov. 9 – 6:30 a.m., Spinning

Nov. 9 – 9 a.m., Spinning

Nov. 9 – noon, Hip Hop Aerobics

Nov. 13 – No aerobics (training holiday)

Nov. 14 – Noon, Hip Hop aerobics

Nov. 14 – 6 p.m., Spinning

Nov. 15 – 9 a.m., Turbo Kick

Nov. 16 – 6:30 a.m., Spinning

Nov. 16 – 9 a.m., Spinning

Nov. 16 – Noon, Hip Hop aerobics

Nov. 17 – 9 a.m., Turbo Kick

Nov. 17 – 12:15 p.m., Target Zone

For more information, call 239-2813.

Pool classes, activities listed

Nov. 9 – 5-6 p.m., Water Aerobics

Nov. 13 – 5:45 to 6:30 p.m., Abs/Buns and Thighs

Nov. 14 – 5 to 6 p.m., Water Aerobics

Nov. 15 – 5:45 to 6:30 p.m., Abs/Buns and Thighs

Nov. 16 – 5 to 6 p.m., Water Aerobics

For more information, call 239-4854.

Custer Hill Lanes sets new games

Penny A Pin Bowling will be from 11 a.m. to 1 p.m. Monday through Friday. Bowlers can play and pay only a penny for every pin they knock down. Anyone who bowls a 200-plus game pays nothing.

Call 239-4366 for more information.

Speeding



With speed nearly reaching that of a gazelle, Army Sgt. Neil Duncan of the Achilles Track Club's Freedom Team blasts passed the finish line of the New York City marathon. Duncan was the first of nearly 70 disabled veterans to compete in the event.

Freedom team competes in NYC

By Sgt. Joseph A. Morris

Army News Service

NEW YORK – About 70 recently disabled war heroes completed the 2006 New York City Marathon Nov. 5.

The athletes were part of the Achilles Freedom Team of Wounded War Veterans, sponsored by the Achilles Track Club, a non-profit organization that gives disabled people the opportunity to compete in a variety of sporting events.

Sgt. Neil Duncan, a first-time marathon participant from the 173rd Airborne Brigade, finished in first place this year for the Freedom Team.

"I wasn't expecting to come in first," said Duncan, who lost both his legs from an improvised explosive device last year while serving in Iraq. "But once I got in the lead, I just stuck with it."

Duncan said he got involved with Achilles while going through rehabilitation at Walter Reed Army Medical Center as part of an athletic program for disabled war veterans. Their rehabilitation is enhanced through physical activity, goal setting and personal achievement.

"We try to catch them weeks after they have been wounded," said Mary Bryant, vice president and director of the Freedom Team. "We want them to get active again and encourage

them to keep moving. We're here to complement what they're doing at Walter Reed."

The majority of the veterans are amputees who participate using specially designed hand-crank wheelchairs that are operated solely by competitors' upper body strength.

"They're actually very challenging to use," Bryant said. "Some of them are donated and built by volunteers. We had a double amputee who had a five percent chance of living and when we gave him a hand-crank wheelchair, he became mobile and had life in him again," she said.

"Being a part of Freedom Team and being in this marathon has been an awesome experience," said retired Cpl. Alex Leonard, who lost his right leg during a land mine explosion in Iraq last year. "I am fortunate that other people cared enough about me and kept me going like this. This was the second time I did this marathon, and I plan on doing it again."

Bryant said every single member of Freedom Team finished the race, which becomes an empowering achievement for them.

"You really need that extra push, that team spirit – physically, mentally and emotionally," she said. "There are people who didn't think they could do this marathon when they had two legs. Now in their current situation, they want to do it. People call them heroes, but they simply say, 'I was doing my job.'"

Coalition sponsors tourney

Army News Service

BAGRAM, Afghanistan – Coalition Forces and local Afghan elites joined together to plan a week-long sports tournament in Chamkani district, Paktya Province.

The tournament, which ended Oct. 29, was organized to build community involvement and solidarity among Chamkani residents.

Twenty-eight cricket teams and 24 soccer teams competed in the tournament. More than 1,000 athletes participated in the sports events and 500 to 800 spectators attended and cheered on the athletes each day.

Until November 2001, when U.S.-led Coalition forces defeated the Taliban Regime, such sporting events were outlawed.

Last week, teams of boys and

young men traveled from throughout Afghanistan to participate in this landmark sporting opportunity. This was the largest athletic competition since before the country's 1989 civil war, said Col. Thomas Collins, Combined Forces Command-Afghanistan spokesman.

Several competitors expressed

See Tournament, Page 16

Sarge captures 4th NHRA win

Army News Service

LAS VEGAS, Nev. – U.S. Army Top Fuel driver Tony "The Sarge" Schumacher captured his fourth win of the year Oct. 29 in the "A.C. Delco Las Vegas Nationals at The Strip" at Las Vegas Motor Speedway.

With his 34th career victory, Schumacher moved back into second place in the standings and is now 45 points behind leader Doug Kalitta with one race to go in the 2006 season.

Schumacher, who is the defending National Hot Rod Association POWERade world champion, beat J.R. Todd in the

finals with a 4.469-second pass at 313.58 mph. Just before the finals, he beat Kalitta in a semifinal match.

"Obviously, we had to win this race to still have a shot at the title," said the Chicago native. "We were actually trying to set the national record against Todd, but we blew up just before the finish line."

"It would have been great to get those extra 20 bonus points for the record. All in all, we had a terrific day. I can't wait to get to the last race of the year," Schumacher said.

To win his third straight crown and the fourth of his career, Schu-

macher's mission at the Auto Club NHRA Finals Nov. 9-12 will be to go a couple of extra rounds and earn more qualifying points than Kalitta.

"We're going to go there and just do our usual deal," Schumacher said. "We can only control our own business, so that's what we'll concentrate on. Hopefully, it will be enough to put us over the edge."

"No matter how it all ends up, this U.S. Army team has staged one of the greatest comebacks in NHRA history," he said. "With any kind of luck, we'll make it all the way back."

Army wins 2006 Ironman competition

By Michelle L. Gordon

Army News Service

FORT CARSON, Colo. – The Army again this year took top honors in the Military Division of the Ironman World Championship in Kona, Hawaii, Oct. 21.

Most Soldiers consider themselves to be strong, but those chosen to compete this year needed more than physical strength to win. They needed to be "Army Strong."

"Everyone shows up physically prepared," said team member Lt. Col. Heidi Grimm. "So going in we knew the most important aspects to focus on were nutrition management, the climate and how we were going to respond to the mental challenges."

Grimm was part of the four-person Army team that participated in the military division of the competition. Every year, each service sends a team composed of three men and one woman to the annual event, and even though Grimm was honored to be part of the team, she knew there would be extra pressure to win this year because the Army took top honors last year.

"We had to maintain the team trophy, and we knew the Air Force brought a strong team," she said. "We also knew they would probably be our biggest contenders, which they were."

Composed of three events, the triathlon began with a 2.4-mile swim through the Pacific Ocean, followed by a 112-mile bike ride and a 26.2-mile run. Having competed in more than 10 Ironman competitions, Grimm began preparing for the race weeks in advance, setting minimum standards for what she wanted to accomplish each week in order to

be successful. However her training could not prepare her for the unexpected.

"Within the first 50 meters of the swim I was kicked in the face and the left side of my goggles broke," Grimm said. "There were 1,700 competitors in the water, so it was crowded. I didn't realize I had a gaping hole in my goggles until the next day. I just knew the seal kept breaking and I had to swim another two miles in the ocean with only one eye."

Grimm's broken goggle was not the only misfortune the Army team faced during the race. Her teammates had struggles during the bicycle portion.

"[Maj.] Mike [Hagen] had mechanical problems with his wheels and [Maj.] Matt [Lorenz] had two flat tires," she said. "We lost some time, but it's all part of the mental game, and going in you have to tell yourself that something is going to happen to everyone. It's all in how you handle it and soldier on."

Despite their challenges, Grimm attributes the Army's win to teamwork.

"We have a close-knit group with lots of energy and positive reinforcement," she said. "I have a great deal of respect for the guys on my team – both as Army officers and as my fellow teammates. The fact that we finished first with all of our individual issues is a true testament to the caliber and experience of the athletes on our team."

Even though the 2006 Ironman World Championship may be over, Grimm hasn't stopped training. As a member of the Army World Class Athlete Program, she is training for the Olympic trials and hopes to compete in the 2008 summer Olympics.



1st Sgt. David A. Miller, HHC, 1st Bn., 509th Inf., Fort Polk, La., presents a "Geronimo" T-shirt and certificate of appreciation to high school All-American Al Woods.

All-American Bowl athletes set to play

By Ashley Stetter

Army News Service

WASHINGTON – Army All-American Bowl athletes and their Soldier supporters are ready for some football and excited about a community relations program that unites them on and off the field.

"Saluting our Army All-Americans" connects Army installations with parents, classmates and communities of high school athletes selected to play in the all-star football game airing live on NBC from San Antonio's Alamodome Jan. 6.

The goal of the program is to capitalize not just on the game, but on the relationships made through community events that happen well before players take the field.

The game itself drew more than nine million viewers in 2006, and the "Salute" program has the potential to impact many more through community events that

build lasting connections with the American people.

"I think we are going to see great things this year," said Fort Polk Community Relations Officer Tresa Hess, who participated in the pilot program. "Anytime we show the community that we have a strong Army, strong people and strong values it has huge impact."

Fort Polk was one of three installations to spearhead the "Salute" program in 2006, and the 509th Infantry Regiment's visit to All-American Al Wood's high school produced amazing results.

"The effects are astounding. In working with Elton High School, we reached community leaders, families and students in both junior and high school levels," Hess said. "In getting our Call to Duty and Army Values out there, we have potentially influenced these people to a more positive outlook on Soldiers and the

See Athletes, Page 16





Members of the winning soccer teams, whose uniforms reflect the national colors of Afghanistan, proudly pose with their championship trophy.

ANS photo



Classified Runover
3 x 21.25"
Black Only

Tournament continued from page 15

shared dreams of someday representing their country in the Olympics.

"Perhaps this tournament will one day be looked at as the rebirth of the Afghan national athletic

program," said Lt. Col Paul Fitzpatrick, Combined Joint Task Force-76 spokesman.

"There is no greater unifying force than a nation of people cheering for their home team in an

international competition. A national cricket team or Olympic soccer team could very well be the most unifying force the Afghan people could ask for," he said.

Athletes continued from page 15

Army."

So positive in fact, that a teacher thanked Hess for providing role models for her students, a parent asked for copies of the Army values to distribute in church and a young girl talked to a recruiter about her desire to join the Army and jump out of planes.

This year, Forts Sill, Lee, Bragg, Eustis, Carson, Sam Houston, Bliss and the Military District of Washington will have the chance to build upon the great work of pilot installations Forts Campbell, Polk and Drum—who set a high standard for 2007.

In addition, Reserve units in California, Florida, Ohio and Wis-

consin and National Guard units in Louisiana, Michigan, Iowa and Nevada will contribute to the outreach effort.

Glenna Linville, public affairs officer for the National Guard Bureau, said the Guard is honored to participate in the annual program.

"We are highly encouraged by the overwhelmingly positive public response," she said. "Soldiers enjoy sharing their life experiences, time and Bowl week with the distinguished student athletes selected for the All-American Bowl Football Team."

Four hundred athletes were

nominated to play in the 2007 U.S. Army All-American Bowl, and 80 will get the chance to play in the Army's largest sponsored event.

Tickets for this year's All American Bowl can be purchased at Ticketmaster or by visiting the Alamodome box office.

For more information, visit www.allamericangames.com.

LAKESIDE MARINE
1 x 4"
Black Only
1x4 Lakeside Nov TF

FIRST BAPTIST CHURCH
1 x 3"
Black Only
1x3 1st Baptist Church

RANDY DAVIS DENISTRY
2 x 2"
Black Only
2x2 Davis Dent Nov TF

GRANDVIEW AUTO
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Black Only
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ALEX'S AFFORDABLE EYE-WEAR
1 x 4"
Black Only
1x4 Alex's Nov TF

STATE FARM INSURANCE
1 x 6"
Black Only
1x6, NOVTF11/3.1944.lk

4X4 LAND, INC.
3 x 2"
Black Only
3x2 4x4 Land Nov TF



CLASSIFIED ADS





Leisuretime ideas

At the movies:

Doors open at 6:30 p.m. Tickets cost \$3.50 for adults and \$1.75 for children 11 and under. Children under the age of 5 are free except during children's matinees or expected sell-outs.

Nov. 9 — Jet Li's Fearless, PG-13, 103 min.

Nov. 10 — The Guardian, PG-13, 135 min.

Nov. 11 — 1 p.m., Open Season, PG-13, 100 min.

Nov. 11 — Jackass Number Two, R, 92 min.

Nov. 12 — School for Scoundrels, PG-13, 100 min. For more information, call 239-9574.

Junction City:

What: Christmas Holiday Kick-off and Parade

When: Nov. 24

Where: Sixth and Washington Streets, Heritage Park

Phone: (785) 762-2632

Manhattan:

What: Pleasures: Kansas Printmakers and The Teapot Show

When: Nov. 3 to Jan. 13, 2007

Where: 406 Poyntz Ave.,

Streckler-Nelson Gallery

Phone: (785) 537-2099

Web site: www.streckler-nelsongallery.com

...

What: "All I Really Need to Know I Learned in Kindergarten." Music and lyrics by David Caldwell

When: Nov. 10-12 and 16-19

Where: Manhattan Arts Center, 1520 Poyntz Ave.

Tickets: \$9 to \$16

Phone: (785) 537-4420

Web site: www.manhattanarts.org

...

What: Military Appreciation Day

When: Nov. 11

Where: 2333 Oak St., Sunset Zoological Park

Phone: (785) 587-2737

Web site: www.sunsetzoo.com

Topeka:

What: Piecing It Together: Selected Quilts from the Kansas Museum of History

When: Oct. 20 to Feb. 18, 2007

Where: 6425 SW 6th Ave., Kansas Museum of History

Phone: (785) 272-8681

Web site: www.kshs.org

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<div>STACY'S RESTAURANT 2 x 2" Black Only 2x2.stacy's.10/18.6612.1k</div>	<div>US CELLULAR 4 x 16" Black Only pu 10/25 les 241 4 color</div>	
<div>CINEMA 12/MANHATTAN, KS 2 x 5.5" Black Only 2x5.5ethchild11/03 t:f</div>		
<div>JON MURDOCK AUTO MALL 2 x 8" Black Only 2x8 Murdock wk1 GM</div>		

